

GET THE COURSES YOU NEED	Year One		Year Two		Year Three		Year Four	
	FALL	SPRING	FALL	SPRING	FALL	SPRING	FALL	SPRING
150 credits + 4 Short Terms	<ul style="list-style-type: none"> <li>DANC 225 or DANC 325</li> <li>DANC 239</li> <li>Independent creative research</li> </ul>	<ul style="list-style-type: none"> <li>DANC 225 or DANC 325</li> <li>DANC 280</li> <li>Dance electives</li> <li>Summer I at MFA Hollins Dance</li> </ul>	<ul style="list-style-type: none"> <li>DANC 225 or 325</li> <li>DANC 385</li> <li>Dance electives</li> </ul>	<ul style="list-style-type: none"> <li>DANC 340</li> <li>DANC 325</li> <li>Independent creative research</li> <li>Summer II at ADF</li> </ul>	<ul style="list-style-type: none"> <li>DANC 325</li> <li>DANC 237</li> <li>Dance electives</li> </ul>	<ul style="list-style-type: none"> <li>Study abroad OR</li> <li>DANC 325 and DANC 380</li> <li>Independent creative summer immersion</li> </ul>	<ul style="list-style-type: none"> <li>DANC 480: Senior Seminar</li> <li>DANC 241</li> <li>DANC 325</li> <li>Dance electives</li> </ul>	<ul style="list-style-type: none"> <li>DANC 480</li> <li>DANC 240</li> <li>DANC 325</li> </ul>
<b>BE INVOLVED AND JOIN DIVERSE COMMUNITIES</b>	<ul style="list-style-type: none"> <li>Attend the dance department interest meeting at the beginning of the year.</li> <li>Attend guest lectures sponsored by the department.</li> <li>Participate in Senate and SGA.</li> <li>Attend the Hollins Student Conference (SPARC).</li> <li>Take part in traditions every year and get ready for your first Tinker Day!</li> <li>Join the Hollins Repertory Dance Company.</li> </ul>		<ul style="list-style-type: none"> <li>Travel to neighboring campuses for lectures and events.</li> <li>Attend student readings and other student-led activities.</li> <li>Attend local touring professional dance performances and lectures.</li> </ul>		<ul style="list-style-type: none"> <li>Take part in Ring Night!</li> <li>Consider leadership positions such as Student Success Leader, Student Government Association, or Orientation Team Leader.</li> <li>Attend local touring professional dance performances and lectures.</li> </ul>		<ul style="list-style-type: none"> <li>Take part in 100th Night!</li> <li>Mentor a new student.</li> <li>Consider leadership positions such as global ambassadors, career connectors, tutors, International Student Orientation Program, or Early Transition Program mentor.</li> <li>Attend local touring professional dance performances and lectures.</li> </ul>	
<b>EXPAND YOUR INTERCULTURAL AND GLOBAL HORIZONS</b>	<ul style="list-style-type: none"> <li>Explore study abroad/away options.</li> <li>Consider Model UN, Model Arab League, Black Student Alliance, the Unión de Estudiantes LatinX, and the Sexuality and Gender Alliance.</li> <li>Attend Cultural &amp; Community Engagement and Office of Inclusivity and Diversity events.</li> </ul>		<ul style="list-style-type: none"> <li>Apply to study abroad (Jamaica, Short Term, semester) or study away.</li> <li>Participate in the Diversity Monologue Troupe.</li> <li>Consider J-Term dance intensives.</li> <li>Apply to dance-related apprenticeships/ internships.</li> </ul>		<ul style="list-style-type: none"> <li>Participate in a COIL project or consider an international internship.</li> <li>Study abroad for a semester and/or apply for summer opportunities such as Fulbright UK Summer Institute and Critical Language Scholarship.</li> <li>Apply to dance-related apprenticeships/internships/study abroad programs.</li> </ul>		<ul style="list-style-type: none"> <li>Consider applying for Fulbright, Rhodes, Marshall, Gates Cambridge, or other international scholarships.</li> <li>Company and project-based dance auditions.</li> <li>Apply for dance administration/teaching opportunities.</li> <li>Apply for MFA graduate programs.</li> <li>Dance/choreography residencies.</li> </ul>	
<b>GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION</b>	<ul style="list-style-type: none"> <li>Apply for a first-year J-Term internship.</li> <li>Be a part of a creative process.</li> <li>Take additional courses in studio art.</li> <li>Dance department attends ACDA, the American College Dance Association Regional Conference (dependent on yearly rotation).</li> <li>Attend <i>hollinsdance</i> MFA summer lectures and performances.</li> </ul>		<ul style="list-style-type: none"> <li>Be a part of a creative process; collaborate with other artists.</li> <li>Create and make your own work and participate in the dance department's open showings.</li> <li>Take additional courses in studio art, art history, gender and women's studies, film, psychology, and social justice.</li> <li>Attend <i>hollinsdance</i> MFA summer lectures and performances.</li> </ul>		<ul style="list-style-type: none"> <li>Create and make your own creative work and participate in the dance department's open showings.</li> <li>Take additional courses in studio art, art history, gender and women's studies, film, psychology, and social justice.</li> <li>Dance department attends ACDA (dependent on yearly rotation).</li> <li>Attend <i>hollinsdance</i> MFA summer lectures and performances.</li> </ul>		<ul style="list-style-type: none"> <li>Attend a job fair/apply for jobs.</li> <li>Attend the Alumnae Board's pre-professional networking events.</li> <li>Develop a professional website.</li> <li>Create your dance CV, bio, artist statement, and teaching statement.</li> <li>Create a performance/choreography reel for auditions/interviews/job opportunities.</li> </ul>	
<b>ADD TOOLS TO YOUR LIFE BELT</b>	<i>Develop a self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, develop time management skills</i>		<i>Hone your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>		<i>Expand your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>		<i>Embrace your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>	